

Please Post

A Holistic Approach to Stress Management

**A 10 SESSION WORKSHOP
GIVEN BY MICHELINA BERTONE, S.S.A.**

This workshop will assist you in:

- * identifying and broadening your awareness & use of your resources and of your stress management skills.
- * growing in assertiveness.
- * coping with loss and grief.
- * integrating various levels (body, mind, spirit) and aspects of your person and life.

DATE: MONDAYS from Sept. 21 - Nov. 30, 1992

TIME: 7:30 - 9:00 p.m.

**PLACE: 5140 West Broadway (corner Fielding)
Montreal, QC, H4V 2A2**

DONATION: \$10.00

**INFO. & REG.: Please call Michelina Bertone, S.S.A.,
Phone 848-3591, work
481-7875, home**

REGISTER NOW!!!

Sponsored by Campus Ministry, of Advocacy and Support Services, Student Services,
Concordia University.